

BENTHAM NEWS



BENTHAM BONFIRE

By Pam Woof

The Bonfire is on Saturday 29th October. The lantern procession starts at 6.30pm. from the car park, and proceeds into Goodenber Road and up Main Street to the Auction Yard.

This year, in order to speed up entry into the Auction Yard, stewards will be selling tickets on the streets during the procession. Don't miss this evening of fireworks, bonfire, masks, music, fun and cracking entertainment.



WHAT IS HAPPENING AT DUMB TOM'S LANE?

By Shirley Brown

Local people will have noticed the activity of heavy construction traffic and the ploughing up of fields lately in Dumb Tom's Lane, and many may have wondered what is going on. The answer is **not** that a fish farm is opening there (an often heard rumour), but that "Mayfield Chicks", who already operate from Dumb Tom's Lane, are expanding.

Planning permission was granted two years ago for the construction of three large chicken breeding units, and the present excavation is enabling work for this development. Excavating has not been problem free, due to the stony soil structure, but it is hoped that the work will be completed early in the new year.

Those who have for many years enjoyed the peace and tranquillity of Dumb Tom's, and have used the lane for recreational purposes such as cycling, walking, running, or exercising dogs, will be reassured to know that landscaping is an agreed part of the contract. This should mean that once the development has been completed, the area will again be an attractive place for Bentham people to enjoy.

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FED UP WITH YOUR CARAVAN STUCK IN THE DRIVE?

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CASUALS, 44, Main Street, Bentham.**

Margaret Newhouse

*By Michael Marshall and Mary Andrews,
for PCC St John's Low Bentham*

With a deep sense of loss, Bentham learned that Margaret Newhouse died on 4th October. Margaret neé Barker was brought up with her brother by her parents at Mill Cottages, Low Bentham. She attended Low Bentham Primary School and later worked at Ford Ayrtons. After her marriage to Harry they lived in High Bentham.

She was involved in the life of both Anglican churches in Bentham, on the PCC, as Baptism Secretary of St John's and as Enrolling Member of the Mother's Union at St Margaret's. Her Christian faith and deep love of Christ motivated everything she did. Anyone being entertained in her home was welcomed as she would have entertained Christ Himself, and everything she offered for sale in the Sue Ryder shop was washed, ironed and mended, fit for royalty to wear. She made that shop a place of welcome and friendliness for all of Bentham. Yet she still found time for her grandchildren and to visit the sick and comfort the troubled.

During her last months Margaret fought an heroic battle against cancer, often in very great pain. Her steadfast faith in God sustained her throughout and she continually thanked her Lord for her loving family and friends, and most especially for Ron's ongoing loving devotion.

The love and esteem Bentham felt for her was very evident at her funeral on Friday 7th October, at St John's, Low Bentham. We send our sympathy, love and prayers to Michael, Martin and their families and also to Ron.

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TOWN COUNCIL

by Keith Cowling

Community education

All Councillors attended October's meeting which was opened by Cathy Birtwhistle, our Community Education Co-ordinator, who explained current efforts to improve vocational and non-vocational courses. Plenty of tutors are available to teach but poor enrolment for classes this autumn meant that only 4 out of 11 have survived (less than 10% of the number in Settle). So what do Bentham people want to learn? Any answers to Community Education on 61800.

Town Hall maintenance

Last month's town hall sub-committee is getting top heavy already. Cllr. Marshall's co-option brought membership to 7 out of 11 councillors.

Meanwhile town hall maintenance still dominated the full council meeting with another bumbling attempt to decide on repairs to fire doors and the odd-sized step on the back stair. Voices were raised over who said what at the sub-committee and there was disagreement about the need to change the step and deal with standing water. Again builders quotes (six for a £300 job) were for differing jobs. Ugh! Finally Cllr. Jackson gave a clear exposition of the problem and Mr. Slinger's quotation was accepted.

Highways

North Yorkshire offered no prospect of early action on Doctors Hill improvements but the traffic survey at Mount Pleasant is done. No results yet but surveyors were appalled by the danger of the road. Cllr. Atkinson is 'working on it'. Meanwhile the police dropped opposition to yellow line alterations which will now be advertised in the press.

Grass cutting

Collecting cut grass from roadsides costs twice as much as cutting it. Round Bentham

cutting has been erratic and complaints about Robin Lane only produced a cut on 30th September. Contracting out this service has produced a poor result because monitoring is poor.

Christmas Decorations

Lights will be up again for late night shopping on 9th December. Dr and Mrs Griffiths will be asked to judge shop windows and the Council will provide a tree on School Hill as last year.

Short items

◆ Settle pool is facing closure and councillors agreed to grant £75 to help save it.

◆ No news on local government re-organisation. Is the government digging itself into a hole?

◆ North Yorkshire is trying to enforce higher standards on school minibuses, but the cost will be £1.4 million. Buses carry 25,000 pupils each day but accident rates are far lower than for ordinary cars.

◆ Craven's Dog Warden has been seen in Bentham. His job is to impound strays and educate the public about the dangers of dog fouling!

◆ Mr. West supplied a very comprehensive report on the condition of the Town Hall roof after his re-slating work. He also noted finding used syringes in the car park!

The next Town Council Meeting will be on Monday 7th November.

VISITING CHIROPODIST

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PUBLIC TRANSPORT

BUS TIMETABLE

(from 25 September 1994)

Monday - Saturday

Ingleton	H. Ben	L. Ben	Lancaster
0720	0738	0741	0827 NS
0730	0748	0751	0830 S
0900	0918	0921	0955 NS
0925	0943	0946	1025 S
1025	1043	1046	1125
1125	1143	1146	1225
1255	1313	1316	1355
1355	1413	1416	1455
1450	1508	1511	1545 NS
1455	1513	1516	1555 S
1555	1613	1616	1655 S
1755	1813	1816	1855 S
1855	1913	1916	1955

Lancaster	L. Ben	H. Ben	Ingleton
0920	0954	0957	1015 NS
0920	0959	1002	1020 S
1020	1059	1102	1120
1150	1229	1232	1250
1250	1329	1332	1350
1350	1424	1427	1445 NS
1350	1429	1432	1450 S
1450	1529	1532	1550 S
1550	1629	1632	1650
1650	1729	1732	1750
1750	1829	1832	1850

NS Not Saturdays

S Saturdays only

Bus Service Information:

Lancaster (0524) 841656

TRAIN TIMETABLE

(25 September 1994- 27 May 1995)

Monday - Saturday

Leeds	Bentham	Lancaster
-	0614	0652
0901	1032	1105
1301	1432	1506
1631	1801	1836

Sunday

1405	1533	1606
1705	1833	1908

Monday - Saturday

Lancaster	Bentham	Leeds
0704	0746	0926
1152	1223	1355
1528	1557	1726
1947	2016	2147

Sunday

1655	1721	1852
2000	2028	2156

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COUNCIL CONCERNS

By Councillor Ralph Atkinson



COUNTY BUDGET

The cut in spending on the 1995/96 County budget I reported in July has now been trimmed from £15m to £9m by a lot of creative accounting. That includes about £3m due to the growing number of children who are coming on. Departmental budgets are now faced with significant cuts set by Policy and Resources Committee. I wouldn't mind so much if the cuts applied equally across the country, but some counties, especially those in the SE, have much more generous assessments than we have.

SCHOOL BUSES

When the contracts went out for Harrogate we asked for parallel tenders for vehicles less than 5 years old so that prices could be compared. The cost of these would have been 40% more - nearly £500,000 a year, and if applied across the county - £1.46m pa. Obviously the contractors were stitching us up and further negotiations must be tried. Councillors have already agreed to eliminate 3-2 seating at a cost of £125,000 p.a. This in the context of 25,000 school children a day being carried and an accident rate of less than 0.1% (Nationally, we average only six injuries a year which is far less than when children are being carried by their parents).

EDUCATION SPENDING

Because of the cuts in the Education budget it's anticipated that there'll be no funding for the new SEN code of practice and no growth in non-National Curriculum areas like Nursery - tho' the Govt's new initiatives for four year olds are welcomed.

YOUTH WORKERS' PAY

After much argument Education have also decided that because of overall cuts the provision for part-time youth workers will be halved. At first they recommended an average cut in pay of 50%. Now they've agreed that existing workers should get present rates for the next two years, after

which they too will be cut. New staff will go onto the new lower rates straight away. So the hours clubs are open will have to be slashed. This when youth crime on the streets is of growing importance! As with so many other things crime and youth work are paid from different pockets and no one seems to see the connection.

HIGHWAY DELAYS

It looks as if the Tatterthorn Lane/Clapham Road junction will be delayed as County hasn't been able to agree terms to buy the necessary land. So that's yet another local road scheme put off! On the other hand thanks to pressure by the Town Council we may get some action on a modified scheme for Mount Pleasant but I have yet to see the details.

LOCAL GOVT. REORGANISATION

Rumour has it that Govt. is now about to do another U-turn and return us to status quo without the City of York. But we hear that the parish councils round York aren't pleased. Some day Govt.'ll make up it's mind I suppose. Meanwhile everybody is getting more depressed; Craven officers are thinking of joining Equity so many of them are acting and more thousands are being spent.

Kirkby Lonsdale Brass Band

The Band will hold a concert in Bentham on Saturday 12 November, starting at 7.30pm in the Town Hall. Admission is by ticket at the door, costing £2.50 for adults. Concessions are £2.00 and accompanied children are free. Refreshments will be available at the interval.

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Poppiette of Plaise Dieppe



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Roast Turkey with Seasoning
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Roast Pork and Apple Sauce
Fillet of Pink Trout in Almonds and
Breadcrumbs

Boiled and Roast Potatoes
Battoned Carrots
Button Sprouts
Cauliflower Mornay



Christmas Pudding and Brandy Sauce
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Lemon Cheesecake
Apple Crumble with Custard
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Coffee, Mince Pies and Petit Fours

£17.95



Full Christmas Fayre Menu available
1.12.94 - 31.12.94
Boxing Day £12.50
New Year's Day £7.95

BOOKINGS NOW BEING TAKEN

BENTHAM TEL: (05242) 62305

NEIGHBOURHOOD WATCH

By Councillor Ralph Atkinson

There was a very good turn-out on 7th October to hear the police spokesman give a talk on Neighbourhood Watch. As it was a bad night - several other activities going on in Bentham and a rainy night - it was very encouraging to see interest. Four Town Councillors and 18 members of the public made up the audience for Sergeant Chris Pappin from Skipton Police who gave us an account of the benefits of Neighbourhood Watch and how to set a scheme up. Despite our quiet rural image the crime rate in Bentham is frightening - 77 crimes in 1993 and 63 so far this year. Most of the crimes are by criminals from outside Bentham.

We were also very surprised to learn that three NW schemes were already in operation (though one was inactive and only one coordinator turned up). Hopefully both villages will be covered before too long. When your coordinator approaches you please give him or her a positive response and if any one else is interested please let me know (61834). Lastly, thanks to Heather and her ladies who cleared the Ballroom in very good time.

Bentham Telecottage Working Group MEETING

The next meeting of those interested in starting a Telecottage in Bentham will be held on SUNDAY 30TH OCTOBER in the BLACK BULL HOTEL at 8.00pm. For further information call Bob Sloan on 62933.

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PLANTING TREES IN BENTHAM

By Brian Cowling

The 20 or so trees given to Bentham by Craven District Council will be planted in late November. This will coincide with National Tree Planting Week. Both High and Low Bentham Primary Schools have expressed an interesting in planting some trees, but other offers of help (just for a few hours) would be greatly appreciated. Please contact me on 61764, or Keith Cowling on 62043.

National Osteoporosis Society

By Kate Wilson

The Lancaster and District group has been formed and if anyone is interested please contact Josie Smith, Lancaster 64235, or Kate Wilson, Bentham 62272. The next meeting will be held in the Granary Room at St Thomas Church, Lancaster, on Monday 14th November at 7.00pm.



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POST OFFICE NEWS



By Alison Wilken, Sub Postmistress

Last Posting Dates For Christmas

Surface

Surface mail last dates are fast running out but some destinations, e.g. USA, are still available. Please pick up a leaflet at Post Offices which can advise about the small packet service.

Airmail

Airmail dates of last posting are contained in a separate leaflet which should be available at Post Offices by the time this edition of Bentham News is published. Very broadly speaking, you may regard the first Saturday in December, (3rd) as the last date for posting to countries outside Europe, and the second Saturday in December (10th) as the last date for posting to Europe. Please ask at the counter for details of the small packet service.

Special Stamps for Christmas

Christmas Aerogrammes are available now! Special stamps will be issued on Tuesday 1st November. This year the theme of the stamps is school nativity plays.

Next Month

In next month's issue we intend to cover Christmas counter and delivery arrangements and - perhaps! - the Government's decision about the future of the Post Office.

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PEAK FITNESS CLASSES FROM 23 OCTOBER 1994

Monday

18.30 - 20.00 - Step & Tone
20.00 - 21.00 - Beg - Inter Step

Bentham Town Hall
Bentham Town Hall

Wednesday

18.15 - 19.15 - Body Toning

Burton Village Hall

Thursday

18.15 - 19.15 - Step +
(a more challenging workout)
20.00 - 21.00 - Step & Tone

Ingleton Community Centre
Wray Institute

Friday

18.15 - 19.15 - Body Tone

Bentham Town Hall

Sunday

18.00 - 19.00 Circuit Training

Bentham Town Hall



Men welcome to all classes. Phone Heather Guy - 05242-61008
to book classes. Step Classes must be booked in advance.
24 hours notice of cancellation to be given. All equipment provided

THE MEANING OF HALLOWE'EN

By Keith Cowling

As this weekend is Hallowe'en, when children dress as witches, play trick-or-treat and make grotesque masks from pumpkins, perhaps it would be worth remembering something about its meaning. We tend to think of it as a frightening and occult occasion but it is, in fact, a much older rite with a more positive meaning than its contemporary 'witchy' image suggests.



All Hallows Even

All Hallows Even is the Christianised name of the day before Samhain, the autumn festival that ended the year in traditional Celtic calendars. In the agrarian societies of our ancestors, autumn must have been an anxious time heralding the onset of winter cold and inevitable food shortages. Samhain was therefore, a ceremony at which people contemplated death and faced up to the fears in their lives. Death was understood as a point on an ever-turning wheel, every ending seen as a new beginning and every fear and sadness as an opportunity to learn and grow. So dead loved ones were remembered, food and drink were set out for them and time was allowed for listening to their advice and wisdom 'on the night when the veil between the everyday world and the spirit world is very thin'. What Samhain never contained until the Christian period, was any sense of evil. Although it was a feast in honour of the dead, it was never a time when the dead terrorised or intimidated the living.

Pre-Christian European religion viewed the whole world as sacred and in balance, an understanding shared by eastern, African and native American religions and also by Celtic Christians in Britain. But the longstanding co-existence between Celtic Christianity and the old religion began to break down in the late middle ages under pressure from plagues, crusades and religious revolts. Suddenly the Church no longer tolerated rivals and other religions

were vilified as 'devil worship'. Christians were obliged to choose between narrow definitions of 'Good' and 'Evil', 'Light' and 'Dark', God and 'the Devil'. The papal bull of 1484 launched the first holocaust in which an estimated 9 million people, mostly women and children, were put to death for witchcraft. Not by devils but by Christians.

Hopes for Peace

This autumn the news has been full of the courageous attempts by old enemies in Ireland, South Africa and Palestine to find new, non violent ways to resolve their conflicts. These immensely hopeful events have emerged from a growing understanding that we cannot live in a world in balance if we deal with our inner demons by projecting them on to 'foreigners', 'witches', 'protestants', single parents, politicians or anybody else. At Hallowe'en we sometimes hear warnings about the dangers of 'the occult' from people with deeply-held Christian beliefs, but the real seasonal message, for Christians and non-Christians alike, is that we need to face our fears in better ways than by blaming them on other people.



The White Rose



Christmas Party Menu

3 Course Christmas Meal
£8.95

Bookings only 10 days in advance
(available until December 23rd)

Christmas Day Takeaway Lunches
Roast Turkey £5.90

Christmas Puddings £2.50

Bookings only by December 14th
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Special offers on selected items (coats
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SARAH LOUISE

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LOCAL ACTION FOR JUSTICE AND PEACE

By (Fr) Pat Smythe

Pauline Carbery, the Regional Officer for CAFOD (one of the leading aid agencies), has been visiting local schools during October.

The purpose of her visits was firstly to help pupils appreciate the effect of the Arms Trade and International Debt upon the poor of developing countries, and secondly to encourage their families to attend the Public Meeting in Bentham Town Hall on Friday 28th October.

Guest speakers will be joined by a panel of local people including Dr. Peter Nightingale, Mr. David Johnson and Miss Alison Hawkey.

Mr Stephen Dawson and Mrs Barbara Durkin will be organising a stall selling products from Third World Communities. Light refreshments will be available.

STUFF THE TURKEY AT CHRISTMAS!

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BYRES

HAPPY CHRISTMAS TO ALL
OUR FRIENDS AND CUSTOMERS

HEALTH NOTICEBOARD

By Christine Hodson, Health Visitor/School Nurse

Drinking cranberry juice when you have a urine or kidney infection can relieve the painful symptoms. It is always important to drink plenty of fluids to keep the system healthy. About 6-8 glasses of fluid per day should be sufficient.

Did you know?

◆ That the bladder is triggered to pass urine by coffee, tea, orange juice and alcohol.

◆ That the bladder can develop a habit of needing to pass urine through the night by going to the toilet too frequently.

◆ That the bladder is held in place by a "sling" of special muscles called the pelvic floor. By regular exercise of the pelvic floor muscles many urine problems in later life can be prevented. This includes stress incontinence and prolapse in women.

◆ That the bladder can be re-trained and it is never too late to start pelvic floor muscle exercises.

◆ That physiotherapists have special training in all these areas.

Measles/rubella immunisation

During November in the Bentham and Ingleton areas all school children up to the age of 16, whose parents consent, will be receiving the measles/rubella immunisation. Throughout the UK 7 million children will be immunised to prevent a predicted measles epidemic.

If children have received the MMR or measles immunisation before, this will act as a booster and there should be very few side effects. Side effects are uncommon, though children may get a mild fever, slight rash or aching joints about 7-10 days after the injection. These should disappear quickly.

Flu Vaccinations

Flu vaccinations are available at the surgery Monday to Friday from 10.00am to 11.00am and 2.00pm to 3.00pm.

If you have a known heart condition, asthma or diabetes, or are one of Bentham's senior citizens, the vaccination is advisable.

Did you know that the flu vaccine varies each year by including different combinations of protection against 3 types of flu?

Threadworms

Threadworms only live in humans and are easily passed on via their eggs which get under our fingernails and onto bathroom towels. They are always in a community and are easily treated by medicine from your G.P. They look like wriggly white cotton threads seen in the motions. Other signs are itching of the bottom at night and occasionally vague stomach aches and wetting the bed in children.



BIBBYS OF INGLETON

05242 41330

Christmas Shoppers

8 November.....	York
9 November.....	Preston
12 November.....	Manchester
15 November.....	Fleetwood Market & Cleveleys
19 November.....	Wakefield (Riding's Centre)
22 November.....	Pudsey (Owlcoates Centre)
23 November.....	Carlisle
24 November.....	Gateshead M'centre or N'castle
26 November.....	Preston

November

London Week-ends.....	£89
Paris Week-ends.....	£99

Concert

12 November.....	Tom Jones, Blackpool, £38
------------------	---------------------------

Book at Village Pet Supplies,
Station Road, Bentham

LOCAL EVENTS IN NOVEMBER

- Tue 1st** Low Bentham Badminton Club at 7.30 pm. in the Victoria Institute. Juniors of all ages welcome.
- Wed 2nd** Wrestling in the Town Hall at 7.30pm.
NSPCC Monthly Meeting at Lingfield, Robin Lane, 7.30pm.
- Thu 3rd** High Bentham Women's Institute meeting, 7.30pm in the Lower Town Hall "With Christmas in mind". Beatrice Brown cookery demonstration. Competition, "A small Christmas decoration" Visitors welcome - 50p.
- Fri 4th** Skipton and Ripon Constituency Conservatives, Bentham Branch, Speaker Supper in the Golf Club with Robert Atkins MP, Minister for the Countryside.
Grupo de conversación español, in the Sun Dial, at 8.30pm
- Sat 5th** Springfield Bowling Club Coffee morning in Town Hall 10.00am-12.00noon.
Bentham Footpath Group Walk, Clapham Station-Bentham, 6-8 miles, leader Len Moody. Please meet at Bentham Station for 12.23pm to Clapham.

- Sat 5th** Burton-in-Lonsdale Bonfire and Fireworks to be held on the Recreation Field. Bonfire lit 7.00pm. Fireworks 7.30pm. Refreshments available.
- Mon 7th** Town Council Meeting, Lower Town Hall, 7.30pm.
- Tue 8th** Toy Library in the Youth Centre, 9.30-11.30am.
Bentham Child Health Clinic at "The Surgery" 1.00pm-4.00pm.
Low Bentham Badminton Club at 7.30 pm. in the Victoria Institute. Juniors of all ages welcome.
Bentham & District Camera Club, Potato Pie Supper.
- Wed 9th** Coffee Morning/Bring and Buy, in aid of Multiple Sclerosis and Camphill Trust, at Burncroft, Robin Lane, 10.am-12noon.
- Fri 11th** Modern & Old Time dancing, in the Town Hall, 7.45 - 10.45pm. £1.20 includes tea and biscuits.
- Sat 12th** Mencap Coffee morning In the Town Hall 10.00am-12.00noon.
Bentham Footpath Group Walk, Whernside, 8-10 miles, leader Frank Royston. Please meet at Lairgill 10.00am.
Kirkby Lonsdale Band Concert in the Town Hall at 7.30pm. Adults £2.50, Concessions £2.00, accompanied children free.
- Sun 13th** Bentham Traders Association Tabletop Sale, in the Town Hall 10.00am-3.30pm.
- Tue 15th** Bentham News copy deadline for December edition.
- Thu 17th** Low Bentham Women's Institute monthly meeting in the Victoria Institute at 7.30pm. Speaker Mrs J. Campbell "All sewn up for Christmas". Competition - A Mince Pie.

Listing for Local Events

Day.....Date.....

Event.....

Venue.....

Contact.....Tel.....

Please complete and return to Bill Kennedy, 1 Lakeber Ave, tel. 62492 or to Bentham Sportswear, Station Road.

- Fri 18th** Waste paper collection at Legion Hall, 8.30-11.00am. Proceeds to NSPCC
- Christian Aid Annual General meeting, Methodist Schoolroom at 7.30pm. Mr. J. Bennett will speak on his stay in Africa, and show slides of the work of Christian Aid.
- The Countryside Society - Mr Malcolm Hutcheson "Gardening with Nature" and pre Christmas sale of LWT goods in the upstairs room at the Hornby Institute at 7.45pm. Visitors welcome, £1.
- Bentham & District Camera Club - Black and White, Part 2.
- Bentham School Parents' Association Christmas Fayre, Sports Hall, 7.00pm.
- Grupo de conversación español, in the Sun Dial, at 8.30pm.

- Sat 19th** St Boniface Church Coffee morning in the Town Hall, 10.00am-12.00noon.
- Off The Wall Dinner-8pm, Dance-10pm. Tickets from Hairlines-61554.
- Mon 21st** Quernmore Male Voice Choir in Low Bentham Chapel, 7.30pm.
- Tue 22nd** Toy Library in the Youth Centre, 9.30 - 11.30am.
- Bentham Child Health Clinic at "The Surgery" 1.00 - 4.00pm.
- Thu 24th** Playgroup Extravaganza in the Town Hall 7.00pm. Tickets 60p including coffee and mince pies. Crafts, Raffle, Tombola, Face Painting, Cake Stall, Bran Tub, Nearly new toys, Hair Braiding. You can pay at the door.
- Sat 26th** NSPCC Cracker sale and coffee morning in Town Hall Ballroom, 10.00am-12.00noon.

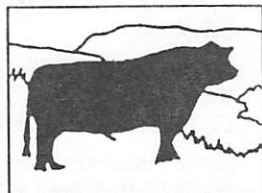
- Sat 26th** Bentham Footpath Group Walk, Low Bentham circular, 8-9 miles, leader Geoff Huddart. Please meet at Low Bentham Car Park at 10.30am.
- Wesley Guild, visit of Gayle Choir. 7.30pm. in the Methodist Schoolroom.
- Modern & Old Time dancing, in the Town Hall, 7.45 - 10.45pm. £1.20 includes tea and biscuits.
- Sun 27th** Settle Orchestra Concert at Settle High School at 7.30pm.
- Mon 28th** Ewecross Historical Society, Kevin Lancaster "An eighteenth century Enclosure dispute in Sedburgh Parish" a melodrama.
- Precept Meeting, Town Council, Town Hall, 7.30pm.
- Application forms for grants from Bentham Town Council can be obtained from Reg Pointon, 61596.

LOCAL EVENTS IN DECEMBER

- Thu 1st** High Bentham Women's Institute, 7.30pm in the Lower Town Hall. Christmas Party.
- Bentham Indoor Bowling Club in the Town Hall every Thursday 1.00pm - 4.00pm
- Fri 2nd** Bentham News published.
- Grupo de conversación español, in the Sun Dial, at 8.30pm.
- Sat 3rd** Good Shepherd Church Christmas Coffee Morning, 10.30am-12.00noon, with Father Christmas, in the Old School, Tatham Fells.
- Bentham Footpath Group walk, Smereset-Austwick, 10 miles, leader Frank Yates. Please meet at Lairgill at 9.30am.
- Bentham Pigeon Homing Society Show in the Town Hall Ballroom, all day.

Julian and Ann invite you to
celebrate Christmas

at
The



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Menu

Soup of the day

or

Chilled Melon

or

Prawn Cocktail

Roast Turkey, Chipolata Sausage,
Stuffing, Fresh Vegetables, Roast
Potatoes and All The Trimmings

or

Cheese & Vegetable Bake with
Salad & Choice of Potatoes

Christmas Pudding

or

Mixed Ice-cream

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BENTHAM PEOPLE

Thanks

MRS ISABEL CARR of Lowther Hill Farm would like to thank relatives and friends for their cards and gifts on her 60th birthday on 13th October.

Thank you Isabel for a wonderful party at the Goat Gap Inn on 15th October, love from Loreen Howard.

LISTER, Hilda, Jennifer, Stephen and family wish to thank everyone for their help and kindness during Jack's long illness. Special thanks to Dr. Story and staff, Mr. Brown and Joe, Springfield Bowling Club, Low Bentham Women's Institute and Rev. Bamforth.

SMITH, Pat and Frank wish to thank family, friends and neighbours for their cards and flowers received during Pat's recent spell in hospital. We would also like to thank them all for the lovely cards, flowers and presents received for our Golden Wedding. A special thankyou to our own children and their families for their help and support on both occasions, without which we could not have coped.

Thanks to all who supported the *Christian Aid* Harvest Coffee Morning on the 17th September. This event raised £181.16.

PHIL and JANETTE, Muchos Gracias. A qué hora la carrera empieza!! Jill.

Wanted

Ingleton/Settle Boy's rugby top, phone 63037.

COLLINGWOOD & LONGSTAFFE'S CHARITY

A VACANCY has arisen for an ALMSHOUSE TO LET on Collingwood Terrace, High Bentham. Application Forms may be obtained from the undersigned. Applicants should be of pensionable age and residents of Bentham, or with close Bentham connections. I.R.Wood, Beck House, Branstone Beck, Bentham, Nr. Lancaster. LA2 7LX
Tel 05242-62656

Congratulations

STANDING. Congratulations mum and dad on your Ruby wedding anniversary. All our love, June, Duncan, Pete, Karen, Tina, Mark, Sheree, Emma and Lisa.

For Sale

Girls pink and green Raleigh Mountain Bike, 5 speed, excellent condition, suit 7-10 years, £50 o.n.o. Phone Ingleton 41062.

Gas Cooker, 4 years old, good working order, £80. Tel 05242-62308.

Dark oak circular dining table, £55.00. Tel 61651.

Bird nesting boxes. Sturdy construction, will last for years. £5. Tel 05242-21673.

Vacancy

The Sue Ryder Charity Shop on Main Street requires a Manager/ess, 25 hours weekly. Please apply in writing to the Sue Ryder Shop.

Thanks for Methodist Pensioners Party

The Pensioners of Bentham have had a treat With sandwiches, cakes and trifles sweet.

The entertainment was out of this world When young and old their talents unfurled. Many thanks to the Guild and the Methodist folk

Who gave us much fun and many a joke!
But most of all thanks to God above
Who put in their hearts such Christian Love

Anon (name & address supplied)



Tatham Fells School

Are pleased to announce that their traditional Christmas Puddings (suitable for vegetarians) are ready.

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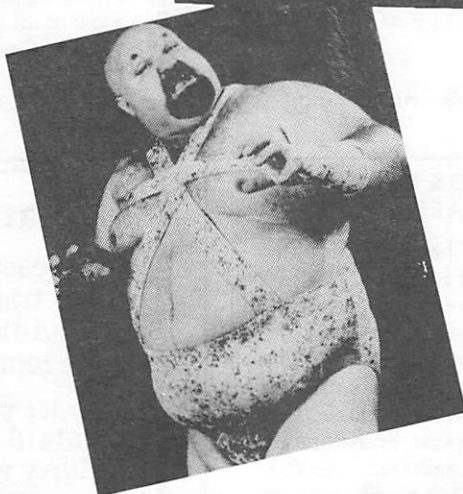
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NATIONWIDE ESTATE AGENCY TAKEOVER

By Helen Houlsworth

Nationwide Building Society have sold their Nationwide Estate Agents chain of 304 offices to Hambro Countrywide Estate Agents.

We at Bentham office would like to take this opportunity to reassure all our customers that it is "business as usual" and that there is nothing on the horizon to suggest that Bentham office will be closing down.

On the contrary, Hambro's intentions are quite clear. They have bought the estate agents to trade as estate agents. The acquisition of the offices means that they now have over 700 offices nationwide, making them the largest estate agents in the country.

Hambro's dynamic and positive approach has given them the edge over their competitors with 20% more sales last year than any other agent, proving that the right agent can make a difference. This should be a refreshing change from the usual attitude of estate agents who seem to

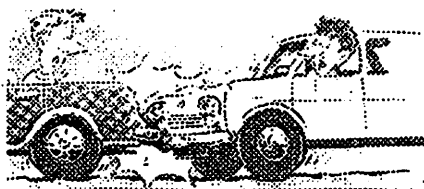
sit back and bemoan the poor state of the market.

As Branch Manager at Bentham, I can say that we in the Bentham office are excited about the takeover and are looking forward to a future as part of Hambro Countrywide. We are first and foremost in the business of selling houses. With immediate effect we are run by estate agents which can only benefit all our clients whether they are buying or selling a house.

Angus Fire

By Diane Stainton

The charity day was held on 19th October raising £800 which will be donated to Bentham Health Centre, Derian House Children's Hospice and the Lancaster branch of Cerebral Palsy. Our thanks to everyone who donated and helped to make the day a screaming success. Our apologies to those who felt offended. Look out for us in 1995.



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Dear Sir,

Re: Council Concerns - Proposed Pennine Bridleway.

We feel obliged to write to clarify an issue raised by Councillor Atkinson. In the first instance he is wrong to assume that the Proposed Pennine Bridleway is an issue which does not concern most of the residents of the Bentham area. Where a Bridleway exists, it provides an off-road route for three user groups - horse riders, walkers and mountain bikers and all three groups are well represented in Bentham. Do not forget either that the Yorkshire Dales National Park is a National Park, and therefore provides access for all - not just those who live in it!

The financial consequences, which in our view are a positive advantage to the Park, and its users, were not fully explained in the article and through the omission of some of the facts, the article is misleading.

Of the length of the Proposed Pennine Bridleway which passes through the Yorkshire Dales National Park (YDNP), 95% is presently maintained from either the YDNP's own budget (or North Yorkshire County Council where the Bridleway has road status), as these are existing rights of way. If the Proposal is accepted and the Pennine Bridleway becomes a reality, then the Countryside Commission will provide new funds to bring all of the route in the YDNP up to a safe accessible condition. This will include the rights of way up to Gearstones which includes an old country road, a Roman road and an ancient drover's track, all of which have taken horse and pedestrian "traffic" in years gone by but have only recently come into disrepair through neglect by the YDNP. Effectively the Countryside Commission is proposing to relieve the YDNP of the burden of their current financial responsibility.

Once the route is designated as the Pennine Bridleway, the Countryside Commission will then pay a further grant of 75% of its maintenance costs with the YDNP paying 25%. Currently the YDNP pays 100% from its own budget.

This seems quite simple to us. The Countryside Commission will be providing in the region of 2 million pounds of additional money and yet Mr. Atkinson is worried about funding. Can't he see that the YDNP will have its liability reduced by a massive 75%, not increased by 25% as his article suggests.

Carole Bowman

The Three Peaks Bridleway Association.

Dear Editor,

"The Pennine Bridleway"

In response to the article by Councillor Atkinson, headed "This may not affect many people", we ask "How many walkers/ramblers are there? How many cyclists? How many horseriders?"

The Pennine Bridleway, with 205 miles of our National Park, will serve us all. It is an exciting project which has taken many dedicated people a huge amount of work. If you want to know more about this and local "off road riding" phone 61268 or 62022.

Lorna McPhee and Julie Luscombe.

Dear Editor,

I am disgusted by the way the Mercedes owner is obviously using his disability to break the law. NO car, even with disabled badges, is allowed to park on the pavement, and this incidentally applies to Securitor vans and to lorries loading and unloading.

I have difficulty getting between cars and the adjacent wall or hedge without dirtying my coat. Mothers with prams or buggies often find it completely impossible and have to walk in the road round the car.

I am disabled myself and wonder why Mr. Mercedes finds it necessary to take refuge in anonymity. Pavements are for pedestrians. Keep off them or the alternative is for people to complain to the police rather than to the Bentham News.

Margaret Green-Hughes.

GARDENING PAGE



By Roy Pallett

As the winter approaches it is perhaps time to reflect on the successes and failures of the year. My runner beans didn't come into flower until later than normal. I suspect they didn't have enough moisture during the early summer months. I have made a note to provide them with a greater supply of moisture retaining material in the trench next year.

However, close planting of beetroot at 3 inches and onions at 2 inches between plants has been a great success. Weed competition between the beetroot was almost completely eliminated as the foliage reduced the light essential for weed growth. The close spacing of onions has increased the yield and produced smaller onions which both keep well and can be a more useful size in the kitchen.

Close spacing, watering and feeding are some of the subjects covered in a fascinating book from the National Vegetable Research Station, called "Know and grow vegetables", by P.J. Salter, J.K.A. Bleasdale and others. The book is not written for organic gardeners so some information has to be "translated".

Suggestions for November

Work in the vegetable garden this month should include gathering up of yellowing leaves from the brassicas, to discourage pests and diseases, earthing up of leeks and

planting garlic. Buy garlic bulbs from the greengrocer, separate the individual cloves and plant 1-2 inches deep and 3 inches apart.

Test soil for correct ph and correct by the application of lime. Brassicas will be less likely to suffer from clubroot if the soil ph is around 7, whilst potatoes may suffer from scab if the ph of their soil is greater than 5.5. Be careful and remember that the application of lime will take some time to have effect.

Any fruit, except strawberries, can be planted this month and new bushes should be pruned immediately after planting. Weed strawberries and remove runners. If necessary protect gooseberries and plums from bird damage.

Avoid wind and frost damage

To prevent wind damage to certain trees and shrubs, some top growth can be cut back to avoid the wind rocking and loosening soil around their roots. Those plants which are vigorous and produce flowers on the current years growth will benefit, e.g. hybrid tea roses, buddleia davidii and hardy fuchsias. Cutting back by about one third now will also ensure that there are plenty of healthy buds to be cut back to in the spring, when the main pruning is done.

Plants grown in containers outdoors can be subject to damage if the compost freezes. To prevent this, use a large plastic bag insulated with shredded newspaper and secured around the pot with string or wire. Semi tender plants can be protected by wrapping them in a double layer of horticultural fleece.

Finally, remember that wild birds will be running short of natural food. Encourage them into your garden by putting out a nut feeder or feeding them from a bird table. They will repay you by eating pests within the garden, and if a bird box is installed over the winter, you may have the enjoyment of seeing a brood emerging next year.

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BENTHAM FOOTPATH GROUP

By Maureen Ellis

The summer months have seen several very positive happenings.

Tidying up the country lanes

This has involved local contractors, usually farmers, in tidying up the grass verges and hedgerows. Footpath users appreciate it when overgrowth is cleared from around stiles and gates where rights of way leave public roads.

The return of the Kissing Gate

This is heralded perhaps by a new one recently installed between Riverside Caravan Park and Low Bottom (and Low Bentham). Kissing gates, which do not involve climbing, are desirable at field boundaries, especially those where elderly people would like to walk more often, and their return has been canvassed in recent years.

Others would be very welcome especially on riverside walks between High and Low Bentham.

The programmes of guided walks

This has been varied during the past summer with a good balance between those that are truly local and those in neighbouring areas. All have the effect of reducing wear and tear and erosion on principal routes, e.g. The Three Peaks. It is gratifying to know that many people go on their own walks with families or just a few friends.

Doing without cars

It will be noted that the guided walk on Saturday 5th November begins at the unusual time of 12.15pm at Bentham Station. This is so that we can catch the 12.23pm train to Clapham, from which we shall return on foot by field paths. This walk is about 5 miles.

SANCTUARY HOUSING ASSOCIATION RETIREMENT BUNGALOW LEASEHOLD SCHEME

Off Hillside road, Low Bentham, Nr Lancaster

Would you like a Retirement Bungalow but feel unable to or unprepared to pay today's prices. Well, provided you are either a local person or have strong local connections and are aged 55 or over, Sanctuary Housing Association may have the solution.

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INTERESTED?

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RECIPES

By Doreen Park

Here are two recipes for the younger readers or maybe Mum or Gran to make for a party.

Sticky fruit and chocolate crunchies

2ozs butter
2ozs castor sugar
3 tablespoons golden syrup
2ozs sultanas or raisins
2ozs cornflakes
6oz pack plain chocolate drops

Heat the butter sugar and syrup, stirring occasionally until the sugar has dissolved. Stir in the fruit and cornflakes and allow to cool slightly. Stir in the chocolate drops and place heaped teaspoons of the mixture into paper cake cases. Chill until firm. Makes approximately 12 cakes.

Cornflake Icecream

1oz butter
4ozs soft brown sugar
1 packet (about 1.76gs) chopped roast hazelnuts
3ozs crushed cornflakes
10 fluid oz carton double cream
150grm carton natural Greek yogurt

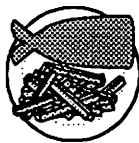
Melt the butter and stir in the sugar until dissolved. Remove from the heat and stir in the hazelnuts and cornflakes. Leave to cool and become crisp. Meanwhile, lightly whip the cream, stir in the yogurt and crunchy cornflake mixture. Spoon into a two pint pudding basin or other container suitable for freezing, and freeze for 3 to 4 hours until firm. Serve in scoops or alternatively immerse the basin or container in hot water for a few seconds and turn out the icecream onto a serving plate.

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SPORTS REPORT

By Janette Richardson

Diving

Can you imagine adding another dimension to your life? Can you imagine breathing under water, moving freely up and down, as well as from side to side?

Anyone is welcome to join the divers in Giggleswick Pool at Giggleswick School on Monday nights at 8.00pm. You do not have to be a really good swimmer, just to feel happy in the water. You can bring the family with you and swim for £1 each per session, then join in the social side in the Black Horse.

If you want to turn up and see what diving is like you can have a "Try Dive", supervised by a qualified instructor. Divers are allowed to use snorkel and mask in the pool. The club has an excellent safety record. To train to be a Novice Diver you need to be 14+ years old, but you can swim and snorkel before then. Equipment can be borrowed from the club to start with, and if you take to the sport you can join the BSAC, getting a monthly magazine, insurance cover, etc.

As well as pool training, there are trips to "open water" such as Devil's Bridge, Wastwater, Coniston, St Abbs on the east coast or....the Great Barrier reef!

Members of the North Ribblesdale branch of the British Sub-aqua Club are here in Bentham. You can contact Nigel Wildman, who has been diving for over 10 years, at Wildman's butchers, or Helen Houlsworth at Nationwide, Main Street, or phone 62369.

Badminton



A group including Esther Coates, Aidan Dawson and Chris Hodgkinson travelled to Fleetwood to take part in the County Badminton Trials. Melissa Hodgkinson and William Adam impressed the selectors sufficiently to be selected for the under 12s squad. Melissa and William now have the chance to train with County players and to receive coaching. Well done!

Cycling

Sholto Haggart continues his good form in the hill climbs. He was 3rd up Holme Moss, 4th overall in a 2-day 4-hill Swaledale climb, 1st up Blackstone Edge, and 4th at Todmorden.

Football



Under 16s. After an excellent win against Lancaster City, the Under 16s were through to the second round of the Kent and Lune Valley Cup. They had a disappointing result at Dolphinholme, going down 7-4. In the first round of the Classic Engineering Cup they were drawn against Lancaster City who got their revenge with a 4-0 victory. The early season has been full of hard games but they did well to beat Fleetwood by 3-1.

Under 14s. This team has had a very successful start, being unbeaten in the league after 3 games. The winning score at home against Westgate Wanderers was a massive 16-1! Unfortunately they were beaten at home in the Kent and Lune Valley Cup, losing 3-2 to Hewthwaite. New players are always welcome, so turn up on Saturdays at 10.30am at Ingleton Primary School.

Under 12s. Latest results from the under 12s include a 10-1 victory over Heysham and an 8-0 win over Ridge Rovers. The team has won three of the first four league matches.

Cricket

The '94 season was a struggle. The first team started well and were top of their division, having lost only one game. But from mid June only two games were won. They will play in the 3rd division next year. The second team finished bottom of division 5, basically because of lack of players and one match had to be called off. The overall player situation was as usual, gain a few, lose a few! On the social side we had a Spring Draw, Seven-a-side competition, a Horse Race Night sponsored by the Sports Club, and finally the Presentation Buffet and Disco in the Sports Club.

Advertising Rates

Payment must accompany advertisements to ensure publication.

Standard Commercial Advertisements

Local Advertisers: (Bentham, Burton and Ingleton)

Boxed Advert (one eighth page) £10

Boxed advert on standing order £9 per month.

Non local advertisers

Boxed advert (one eighth page) £15 per insertion.

Bentham People Page

Thanks and Personal notices:

£1 per 10 words

Small ads £2 per 10 words.

Flyers / Inserts

Business / Commercial £100

Charitable Services £25

To place an advertisement in the Bentham News please contact Jane Callus, tel 62277 .

EDITORIAL INFORMATION

BENTHAM NEWS is published at 'Latharna', High Bentham by an editorial committee consisting of Shirley Brown, Tom Cahill, Jane Callus, Keith Cowling, Keith Dixon, Christine Hodson, Ken Robertson, Kate Steele, Jean West, Pam Woof and our co-ordinator Bill Kennedy who can be contacted on 62492.

BENTHAM NEWS can be sent anywhere in the UK for an annual subscription of £7, or anywhere in the world for £12.

To place an advert in BN please contact our advertising manager Jane Callus on Bentham 62277. Items for publication can be left at Bentham Sportswear, Station Road. Please also include your name and telephone number. **THE FINAL COPY DATE FOR PUBLICATION IS THE 15TH OF EACH MONTH.**

Every effort is made to ensure that information contained in the paper is correct. However **BENTHAM NEWS** is an open access paper and views and opinions expressed are not necessarily those of the editorial committee. The committee reserves the right to edit contributions, including letters. Please note that although we are willing to withhold names on request, names and addresses must accompany all items for publication.

BENTHAM NEWS is printed at LOGO LABELS, Main Street, High Bentham. Tel (05242) 62180.

Help Please!

By Isabel Joel

Would you like to help with the Bentham News but don't really want a regular commitment? We are compiling a list of people who can help with putting together the Bentham News when one of our team is not available. This takes just a few hours on a Friday morning, once a month, so if you are willing to help occasionally, please contact Isabel Joel, telephone 61360, or Bill Kennedy, 62492.

NSPCC Collection

The street collection held at the beginning of October for the NSPCC realised £96.50. Thank you to all who contributed.

JACKSONS OF BENTHAM

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World's Biggest Coffee Morning at Nationwide Bentham

By Helen Houlsworth (Branch Manager)

I would like to thank all the people of Bentham who supported this event. We raised over £53 for the fund. We won't know from the Guinness Book of Records until at least June whether last year's world record of 326,913 participants has been beaten. Cancer Relief MacMillan Fund is Nationwide's flagship charity of the year and the coffee morning is just one of the many fund-raising initiatives that staff all over the country have taken part in since January to help raise well over a quarter of a million pounds so far.

HIGH BENTHAM WOMEN'S INSTITUTE

By Margaret Hayton

At the recent AGM several nominations were put forward for committee members, and as a result of the election Mrs Faith Wilson will succeed Mrs Joy Morgan as President. Mrs Audrey Shallcross is secretary and Mrs Pat Atkinson is treasurer. Following the elections a meat and potato pie supper was enjoyed by all the members present.

Our next meeting, on 3rd November, will be a cookery demonstration by Beatrice Brown. Visitors are welcome.

Bentham Pantomime

By Margaret Cowling

Our next Pantomime will be the magical story of "The Snow Queen" to be presented at half term, on 22nd - 25th February. In December we will have our usual "signing on" meeting. The date will be announced later. Meanwhile, we would like to hear from anyone who would like to help with the production side, with choreography, or directing the children's acting. Please phone Sue, 72191, or Margaret, 61764.

AUCTION OF PROMISES

By Janet Hurlley

The friends of Low Bentham C.P.School would like to thank all who donated "promises" and money, and all who attended and helped our evening to be a great success. We made a profit of over £600 to go towards our funds.

With 106 items to be auctioned, our auctioneer, Mr David Smith, and his two attendants did a brilliant job. Thank you David.

Our evening started with a free glass of wine, and finished with a harvest supper. In all I think everyone had an enjoyable evening.

Bentham Show Balloon Race

By A. Presland

At this year's Bentham Show on 3rd September, Bentham School held a Balloon Race, the winner being the person who bought the balloon that travelled the furthest distance. Out of the cards returned by 30th September the furthest one came from Brandenburg and was sent in by the Zerrahn family. Readers may be interested to see a translation of the letter that came with the ticket.

"On Saturday evening, 10th September 1994, we found this balloon in a tree in Guntow. This place is situated between Kyritz and Pritzwalk in Brandenburg. We were visiting this area and suddenly noticed the balloon. We are a family of four and live in New Brandenburg in the Federal State Mecklenburg/Vorpommern (Pommerania). Our daughter Julia is 10, our son Reimo is 7, and we are 32 and 35 years of age. Our names are Kirsten and Bernd Zerrahn. I work as a Junior School teacher, teaching 7-10 year olds. My husband works as a fitter and pipe layer. We would like to send our best wishes from the Zerrahn family."

The purchaser of the winning balloon was Mrs A. Robinson, 1 Bronte Cottage, Cowan Bridge, via Carnforth, Lancaster. The prize was "Bentham Bear".